

## ABSTRAK

### HUBUNGAN *SELF EFFICACY* DENGAN PENCEGAHAN KEKAMBUIHAN PADA PENDERITA ASMA DI PUSKEMAS OMBEN

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**Pendahuluan:** *Self-efficacy* merupakan keyakinan seseorang terhadap kemampuan yang dimiliki untuk mengontrol fungsi diri dan lingkungannya Feist & Feis. *Self efficacy* pada pasien asma sering menjadi permasalahan utama dalam mencegah kekambuhannya. Pasien dengan penyakit asma sering mengalami penurunan keyakinan diri, dalam mengelola kondisi penyakitnya sehingga mengakibatkan terjadinya kekambuhan pada penderita asma di Puskesmas Omben. **Metode:** Desain penelitian ini Analitik *Cross Sectional*. Populasi 33 orang penderita asma di Puskesmas Omben. Sampel seluruh populasi dengan teknik sampling *Probability*-Total Populasi. Pengambilan data menggunakan kuesioner yang dianalisis dengan uji *chi square*. **Pembahasan:** Hal ini menunjukkan bahwa *self efficacy* ada hubungan dengan pencegahan kekambuhan pada penderita asma di Puskesmas Omben. Sebagaimana dalam penelitian yang dikemukakan oleh (Marlin et al. 2022) yang menunjukkan bahwa meningkatnya *self efficacy* pada penderita asma dapat memiliki koping hidup yang aktif dalam mencegah kekambuhan asma. **Hasil:** Hasil penelitian berdasarkan hubungan *Self Efficacy* pada penderita asma di Puskesmas Omben menunjukkan bahwa hampir seluruhnya responden dalam hubungan *self efficacy* dengan kategori tinggi yaitu sebanyak 30 pasien (76%) dan sebagian besar pencegahan kekambuhan dengan kategori Cukup yaitu sebanyak 19 pasien (57,5%). hasil uji *chi square* dengan nilai  $p = 0,005$ . **Kesimpulan:** Dari hasil penelitian yang sudah diuji statistik menunjukkan bahwa ada hubungan antara *Self Efficacy* dengan Pencegahan Kekambuhan pada Penderita Asma di Puskesmas Omben.

**Kata Kunci:** *Self Efficacy*, Pencegahan Kekambuhan, Asma

## **ABSTRACT**

### **THE RELATIONSHIP OF SELF EFFICACY WITH PREVENTION OF RECURRENCE IN ASTHMA PATIENTS AT OMBEN CENTER**

**By: Reka Hanivia Dewi**

**Introduction:** Self-efficacy is a person's belief in their ability to control their own functions and their environment Feist & Feis. Self-efficacy in asthma patients is often the main problem in preventing recurrence. Patients with asthma often experience a decrease in self-confidence in managing their disease condition, resulting in relapses in asthma sufferers at the Omben Community Health Center. **Method:** This research design is Cross Sectional Analytical. Population of 33 people suffering from asthma at the Omben Community Health Center. Sample the entire population using the Probability-Total Population sampling technique. Data were collected using a questionnaire which was analyzed using the chi square test. **Discussion** This shows that self-efficacy is related to the prevention of recurrence in asthma sufferers at the Omben Community Health Center. As in research presented by (Marlin et al. 2022) which shows that increasing self-efficacy in asthma sufferers can have active life coping in preventing asthma recurrence. **Results:** The results of research based on the Self-Efficacy relationship among asthma sufferers at the Omben Community Health Center show that almost all respondents in the self-efficacy relationship were in the high category, namely 30 patients (76%) and most of the prevention of recurrence was in the Fair category, namely 19 patients (57.5%). chi square test results with a value of  $p = 0.005$ . **Conclusion:** From the results of research that has been statistically tested, it shows that there is a relationship between Self Efficacy and Prevention of Recurrence in Asthma Sufferers at the Omben Community Health Center.

**Keywords:** Self Efficacy, Relapse Prevention, Asthma